

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



19  
4955R  
HOUSEHOLD CALENDAR

A dialogue between Miss Ruth Van Deman, Bureau of Home Economics, Washington, D. C., and Mr. Everett Mitchell, National Broadcasting Company, Chicago, Illinois, delivered in the Department of Agriculture period of the National Farm and Home Hour, broadcast by a network of 48 associated NBC stations, Thursday, June 3, 1937.

RECEIVED  
★ JUN 12 1937  
U. S. Department of Agriculture

-----  
MR. MITCHELL: Instead of journeying eastward today to hear the friendly voice of Ruth Van Deman giving one of her household calendar talks from Washington, Miss Van Deman has journeyed westward. She's here with us in Chicago, and it's my pleasure to introduce her -- Ruth Van Deman.

MISS VAN DEMAN: Thank you, Everett Mitchell, and just to show you I haven't forgotten those plaintive remarks you've made about our strawberry festivals in the studio in Washington, I've brought you a sample straight from Mr. Darrow's patch on the Government experimental farm.

MR. MITCHELL: Aw, Miss Van Deman, you're just kidding me.

MISS VAN DEMAN: No, I'm not. Honor bright. Here are the berries in this package. The porter took special care of it for me on the train last night.

MR. MITCHELL: Sure they aren't raspberries?

MISS VAN DEMAN: No, they are strawberries.

MR. MITCHELL: Than which God never made a better berry - - -

MISS VAN DEMAN: Except in collaboration with Mr. George Darrow. These are the varieties he's developed in the Government experimental plots. And they were hand-picked by our friend, Mr. Beattie, none other than W. R. B. himself. That's a box of Dorsetts, those bright red ones, and the very dark ones are Fairfax. Both excellent for eating as is. Or with cream and sugar.

MR. MITCHELL: Or in strawberry shortcake! Say, Miss Van Deman, aren't you going to make us a strawberry shortcake while you are here?

MISS VAN DEMAN: Sorry, I'm moving on west tonight. But I'm sure there are plenty of good strawberry shortcake makers in Chicago.

Now to come down to the serious business of the day.

Right up to the minute I left Washington, I was answering letters about canning, and ordering our canning bulletin sent to Farm and Home Hour listeners. Some of these letters by the way don't have the name of the Bureau of Home Economics or the Department of Agriculture on the envelope. I'd suggest that you put on both, to speed up the delivery.

One question that keeps coming in again and again is about tin cans for home canning. Are they practical? The answer is yes, if you're doing  
(over)

enough canning to justify the cost of the sealer. Tin cans are especially convenient to handle in the steam pressure canner. If the food is hot packed, then the tin cans are sealed up tight before they are processed, and there's no chance for any of the juice to be drawn out and wasted. If glass jars were sealed air-tight, the expanding steam inside the jars would burst the seals. And since the glass jars can be only partially sealed, there is likely to be some loss of liquid during the processing in the pressure canner.

Then another thing, as soon as the processing is over you can plunge tin cans into cold water and stop the cooking of the food inside. Glass jars you have to let cool gradually, well out of drafts, because cool air blowing on them may crack the glass.

Glass jars have their advantages though. Probably the biggest one is that you can use them year after year, by just getting new rubbers or tops.

And speaking of the rubbers, don't take any chances on old ones, and try to use them a second year. The cost of new rubber rings is so small in proportion to the value of the food you are hoping to keep sweet and sound until next winter, that it is penny-wise and pound-foolish not to use brand-new, good quality rubbers every time.

One of the tests for a good rubber jar ring, is to stretch it twice its length and see whether it will snap back to its original shape. Another test is to double the ring over and press the fold down with the fingers. If the rubber cracks when you fold and press it, don't take chances. Throw those rings away and get new ones that are pliable and elastic. You are depending on that rubber to make your airtight seal, and the heat of processing is bound to be hard on it. So you need the best to start with.

Another question that comes so often I know it must bother a lot of people even if they don't write, is about tomatoes. Should they be processed in the pressure cooker or the boiling-water bath?

The answer is the boiling-water bath. The heat of the pressure cooker is too high for tomatoes. It overcooks them and makes them lose some of that rich red color and fresh tangy flavor which make tomatoes one of the most welcome canned foods in midwinter.

You can pack tomatoes either of two ways after you've skinned them. If you want to keep them whole, pack them raw into the cans, and pack them as closely as possible. Fill up the containers with tomato juice, not water. If you are following this whole-cold-pack idea and using tin cans, then you'll have to exhaust them for a few minutes before sealing. (Exhausting you know is heating the food in the cans to drive the air out of the tissues, before you seal.)

The easier and better way many people think, is to cut the tomatoes into quarters after you've peeled them, and heat them to boiling in an open kettle, then pack them boiling hot, and process the cans in the

boiling-water bath.

You can get more tomatoes into a given number of cans this way, and the hot packed tomatoes need only five minutes processing. By the way it takes anywhere from 2-1/2 to 3-1/2 pounds of raw tomatoes to make a quart jar or a No. 3 tin can of canned tomatoes. That's a rather good thing to remember when you are figuring out your canning budgets.

As usual, when I start on these canning questions it's hard to stop. And I can see that Everett Mitchell hates to crack down on a visitor from Washington. But time's up I know and our canning bulletin really has the answers to the canning questions practically in tabloid form.

MR. MITCHELL: How about the supply, Miss Van Deman? Is it still holding out?

MISS VAN DEMAN: Yes, I checked it just before I left Washington. I think I'm safe in promising that any home canner who wants a copy can have it by sending a card to the Bureau of Home Economics in Washington, D. C.

MR. MITCHELL: I'm going to repeat that, Miss Van Deman, if you don't mind. Anybody who wants the Department of Agriculture canning bulletin, send a card to the Bureau of Home Economics in Washington.

MISS VAN DEMAN: Well, how do you like the strawberries.

MR. MITCHELL: Did like, Miss Van Deman, you'll have to use the past tense. The Homesteaders have cleaned them. I had to fight for my share.

# # # # #



